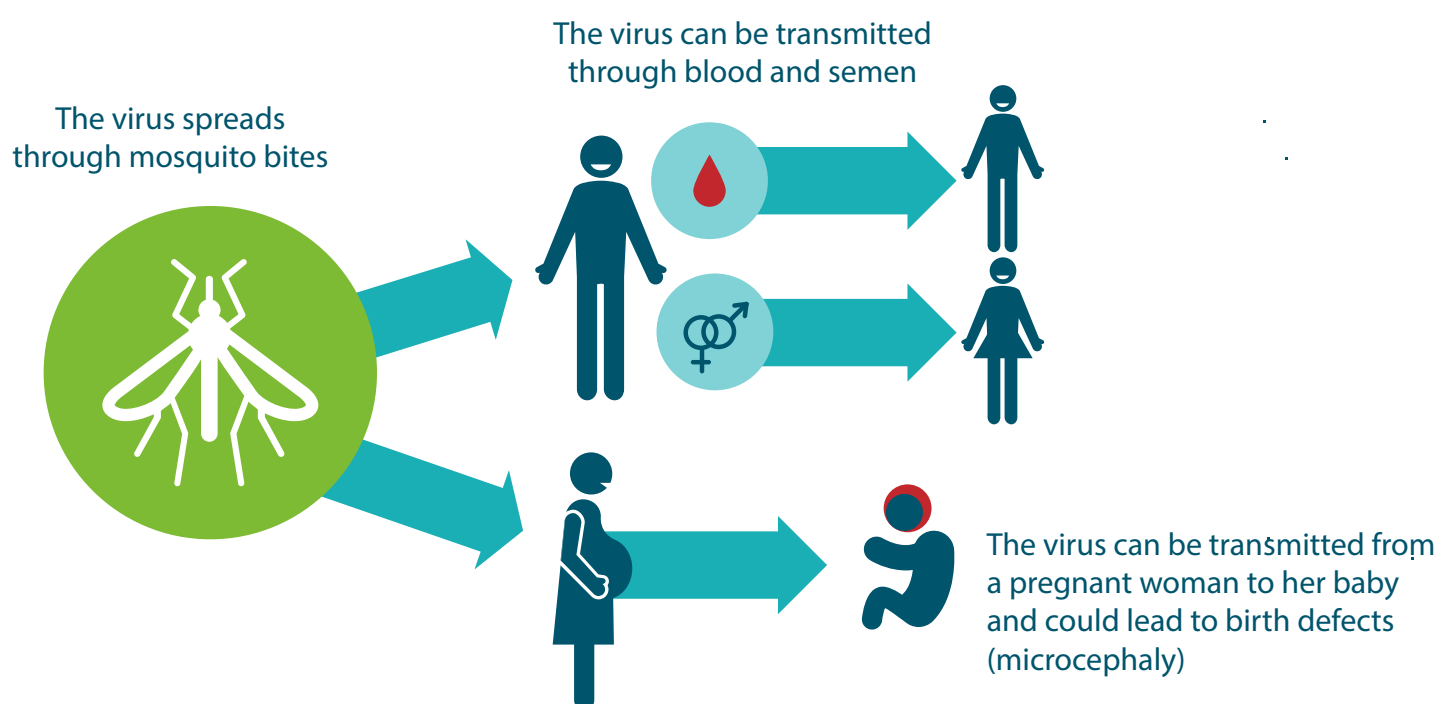


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## SPREAD

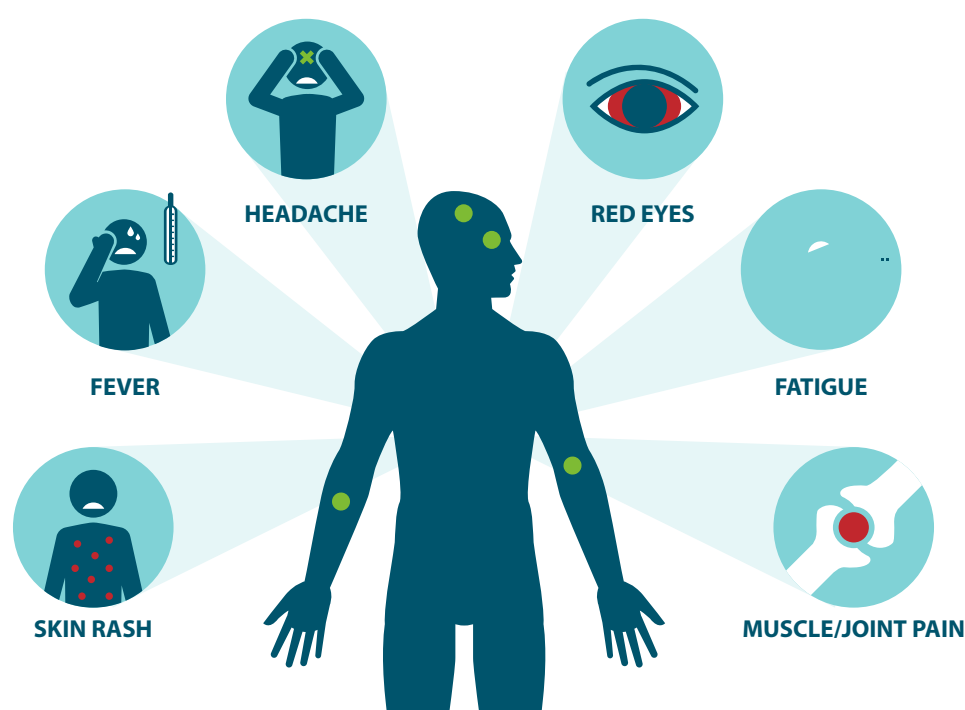
### HOW IS IT SPREAD?



## SYMPTOMS

### ONLY 1 IN 5 PEOPLE INFECTED SHOW SYMPTOMS

\*In a small number of people, Zika virus infection has been linked to Guillain-Barré syndrome, a disorder in which your body's immune system attacks your nerves.



## PREGNANCY

### ZIKA VIRUS CAN BE PASSED FROM A MOTHER TO HER BABY DURING PREGNANCY

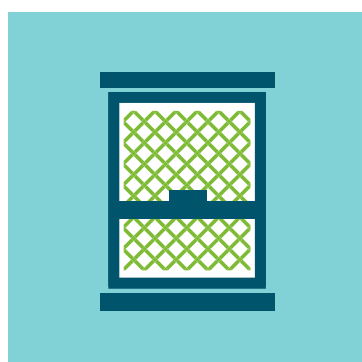
- Women who are pregnant or trying to become pregnant should **postpone travel** to areas where Zika is spreading.
- Pregnant women or women who are trying to become pregnant and their male partners should strictly follow steps to **prevent mosquito bites** in areas where Zika is spreading.



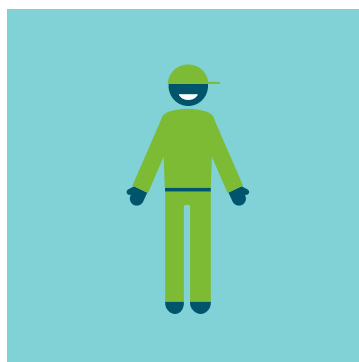
- If you have a male sex partner who lives in or travels to an area with Zika, use **condoms** the right way every time you have sex, or do not have sex during the pregnancy.
- Pregnant women who live in or have recently traveled to an area with Zika should talk to a healthcare provider about their travel even if they don't feel sick.
- If you develop the symptoms of Zika, **see a healthcare provider** right away for testing.

## PREVENTION

### AVOID MOSQUITO BITES



Stay in places with air conditioning, and use screens to keep mosquitoes outside



Wear long-sleeved shirts and long pants



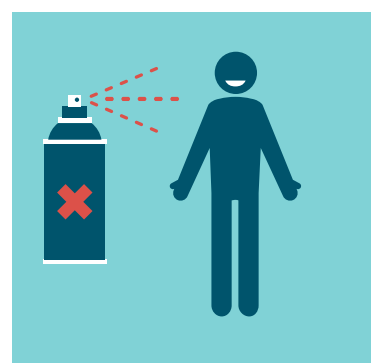
Minimize time outside



Treat clothing & gear with permethrin, if not already treated



Eliminate standing water where mosquitoes breed



Use DEET or picaridin insect repellent on exposed skin

## MORE INFORMATION

### SPEAK WITH YOUR HEALTHCARE PROVIDER

**ZIKA HOTLINE: (800) 984-8523; OVERSEAS: DSN (312) 421-3700; STATESIDE: DSN 421-3700.**

APHC WEBSITE: [HTTP://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/DISEASES/PAGES/ZIKA.ASPX](http://PHC.AMEDD.ARMY.MIL/TOPICS/DISCOND/DISEASES/PAGES/ZIKA.ASPX)

CDC WEBSITE: [HTTP://WWW.CDC.GOV/ZIKA/INDEX.HTML](http://WWW.CDC.GOV/ZIKA/INDEX.HTML)